



Koko Crater, graced by Koko Marina at its base, rises majestically from the southeast tip of Oahu. The hike up the mountain may be intense at times but once at the top, hikers are rewarded with expansive views.

To climb a mountain

Koko Crater’s 1,200-plus foot hike challenges the fit and the adventurous

Photos and Story By Kristin Herrick
News Editor

When faced with a flight of stairs, Climacophobia sufferers experience overwhelming anxiety, fear and distress. From a distance, climacophobics would most likely see Koko Crater for what it is, the 1,200-plus foot dominant figure of Hawaii Kai. Closer examination, though, would cause hearts to race and stomachs to turn. Under the unassuming string of power lines lurks a trail that instills a sense of dread — even to those without a fear of stairs.

Just south of Hanauma Bay, Koko Crater entices adventure goers of all types with its steep climb, 360-degree view and native Hawaiian plants.

Although there are several routes to the top of Koko Crater, called Kohelepelepe in the Hawaiian language, the quickest and safest way is to climb the old railroad ties straight up the face.

“It’s always a challenge,” said Vernon Char, a Nui Valley resident who remembers when the radar station and tram up the

crater were in service in the late 1950s.

The stairs start out seemingly easy, far apart and not too steep. The first challenge shows up at the bridge, about halfway up. This is no ordinary bridge; it is created of railroad ties, many of which are either rotting or missing. Travelers afraid of heights might be more comfortable trekking through the foliage underneath.

From the bridge on, hikers faithful to their “Buns of Steel” workout video will have a major advantage. The stairs become much steeper and sight of the “100 to go” marker can’t come soon enough.

So why would anyone want to put themselves through this torture? One reason could be to stick to the New Year’s resolution of working out more, as many locals frequent the trail as a way to mix up their exercise routine.

More likely, though, visitors come for the view.

“It was tough but worth it, said San Diego resident Milton McElroy after checking out the view. “It is beautiful; just gorgeous.”

The summit, Puu Mai, offers vistas of Diamond Head and Moanalua Bay to the west, the Koolau mountain range to the north and, to the east, Makapuu Point. The highlight is the view of the Pacific Ocean, as far as the eye can see. On a clear day, the Molokai cliffs and the summit of Haleakala on Maui can be seen.

In addition to views of afar, Koko Crater is home to many hidden treasures. One is a box filled with notes left by past visitors of the summit. Another find is a



This deceptively easy first step invites hikers up Koko Crater. By the time hikers reach the top, they will have climbed approximately 1,106 steps.

Geocache. Geocaching is a game created by outdoor enthusiasts who love to navigate by means of a global positioning system. Adventure goers visit www.geocaching.com and get coordinates to a canister filled with items left behind by other Geocachers. Visitors can take items they like but are directed to leave something behind as well.

A natural treasure, Koko Crater Botanical Garden, fills the basin of the crater with plant collections from Hawaii, the Americas, Madagascar and Africa.

Koko Crater’s stairway can be found easily, even though the trailhead is unmarked. From Marine Corps Base Hawaii, travelers should head through Waimanalo and turn right at the traffic light just past Hanauma Bay. Then, take the second right, Anapalau Street, through Koko Head District Park to the far end of the parking lot. From there, hikers can see the narrow trail lead-

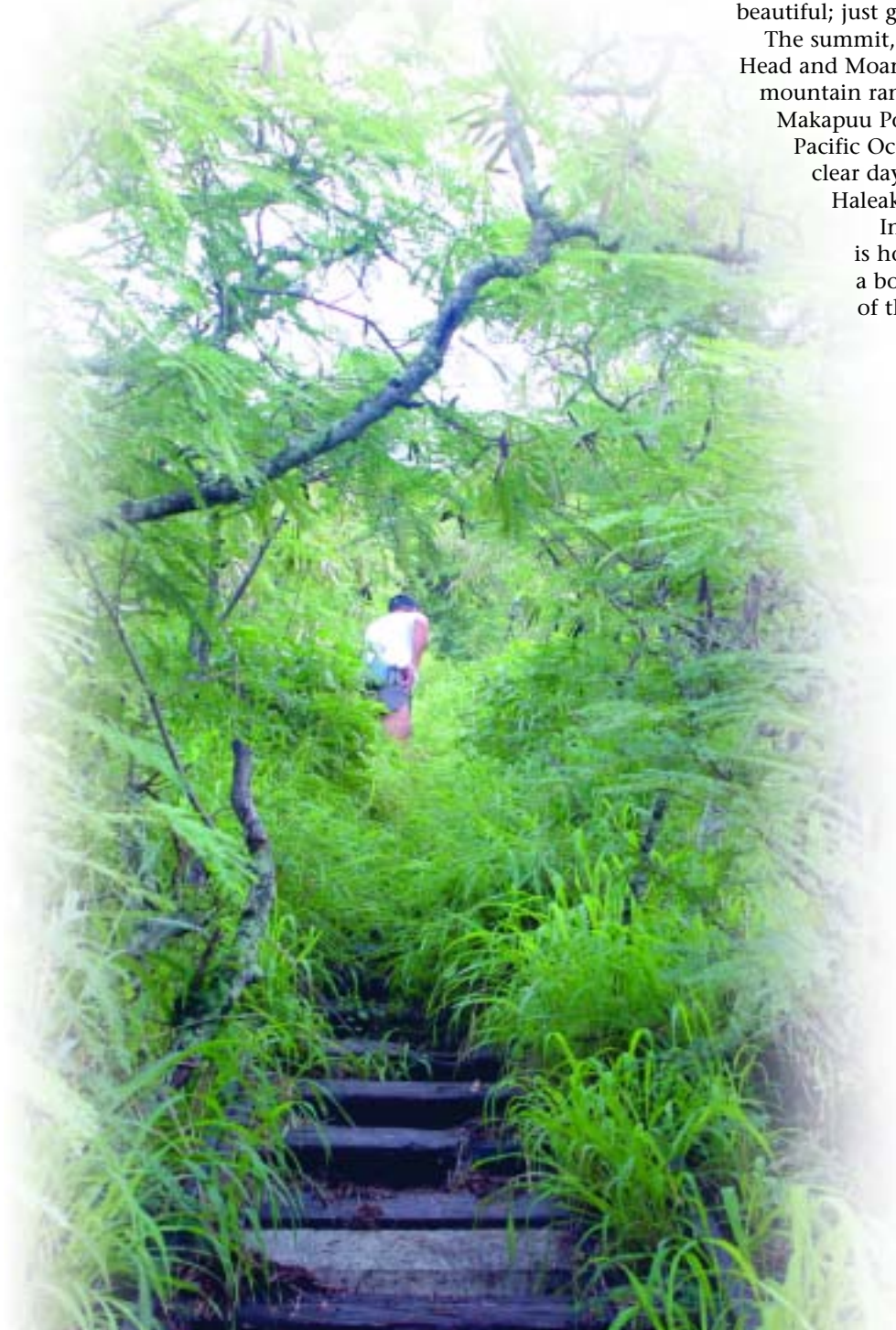
ing straight up to Puu Mai.

Trailheads for the ridge hikes can be found near Halona Blowhole and from inside the botanical garden.

Former Navy Lieutenant Doug Walker, whose first trip up the crater was in the tram as a Boy Scout in 1958, has traversed both the rim of the crater and the stairs.

“They’re shorter, more intense, and far more invigorating,” said the Hawaii and Trail and Mountain Club member.

No matter how one looks at it, from the bottom, top or afar, Koko Crater offers everything an adventurer could ask for in a challenging hike. And, after seeing the view from atop, maybe even the climacophobics would agree.



Vernon Char, a Niu Valley resident, takes a break just past the halfway point up to the top of Koko Crater. As hikers ascend near the crater’s rim, the hike becomes progressively steeper.



Left — Remnants of a 1950s National Guard tram and radar station litter the summit of Koko Crater. The stairs to the top of the crater are railroad ties left from the tram.

Below — Looking toward the west, stalwart adventurers atop Koko Crater’s summit are greeted to a view of Koko Marina, Hawaii Kai and Diamond Head through the haze of a windy day.



Metal and Hardcore Festival returns

Five bands headline free music festival this year

Yibeli Galindo-Baird
MCCS Marketing

Once again Kahuna's brings world-class entertainment to MCB Hawaii. On Feb. 19, true metal fans and even those new to the genre will be excited to see "The Kaneohe Bay Metal & Hardcore Festival" make its return to the Kahuna's Ballroom. Doors will open at 7 p.m. with the bands performing at 8 p.m.

Headlining last year as the "Shock and Awe International Music Festival," this highly anticipated event is open to guests ages 18 and older and is free this year, promising an even larger turnout. This year's five participants include San Francisco's "Arsinic," Honolulu's own "De Bauch" and "Shadows of Sanctity," "Khrinj," from Maui and "8mm Overdose," a regular performer at Kahuna's.

Jack, one of the "8mm Overdose" members who prefers his last name not be used, is grateful to have the opportunity to bring this show to the military community. "We respect and appreciate the sacrifices the soldiers and their families make on a daily basis. We want to show it by doing something positive. I grew up in a military family and remember how nice it



Honolulu's power thrash trio, 8mm Overdose, is known for their hardcore style and heavy guitar riffs. They, and four other bands, will entertain metal and hardcore fans at Kahuna's Ballroom on Feb. 19.

was to have an event like this on base, he said. According to Jack, events such as these are few and far between so the band is trying to change that.

Jack also said that, through conversations with soldiers who band members have met at concerts on other bases and other venues as far as Germany, they have been made aware of the immense value of entertainment as "a big morale booster," especially during deploy-

ments. Jack and the other festival participants want to make sure that military members know that these bands stand behind them. "We have been trying from all angles to play concerts in the Middle East and Afghanistan for the troops, and we will continue to try. I'd like to get over where they are and show them that we support what they do," Jack added.

In addition to the intense musical acts, vendor booths will also be part of the event, along with raffles and prize giveaways. Refreshments will be available at Kahuna's Sports Bar & Grill, conveniently located in the same facility.

This show is part of the "Slash it Weekend" series sponsored by JN Chevrolet. For motor enthusiasts, a photo opportunity with one of JN's latest trucks and a beautiful model will make for a great souvenir. Other event sponsors include Local Motion, Coffin Case, The Oasis Skateboard Company and Jägermeister, who will bring the "Jägerettes" from 9 to 11 p.m. to meet attendees. Drink specials will also be available.

"This event was a great success last year. A lot of people came and, with the new name that more clearly says the kind of music that will be playing, I'm sure we're going to be packed," noted Alexis Swenson, Kahuna's Sports Bar & Grill manager, who also books the events.

For more information, call 254-7660 or go to www.jagerhawaii.com.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise

Kahuna's Bar & Grill

254-7660/7661

Logo Glass and DJ Dance Party — Come on down at 6 p.m. on Saturdays to enjoy great food and refreshments. Receive a logo glass, the perfect reminder of a good time, with the purchase of selected beverages. Then, dance 'til 2 a.m. at our weekly DJ Dance Party featuring the latest tunes.

SM&SP

SINGLE MARINE & SAILOR PROGRAM

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCS.Hawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

SM&SP Deep-Sea Fishing Adventure: Spend the day beyond the bay, fishing with the Single Marine & Sailor Program. This open-water adventure costs only \$75 per person and includes boating fees, all the fishing equipment, and lunch. Space is limited to 10 people, so register now at the Semper Fit Office. The excursion kicks off at 6:30 a.m., and runs until 3 p.m.

Paintball Tournament: Practice now, because the SM&SP will be hosting a paintball tournament in March. Call the SM&SP for details.

Volunteer Events

Looking for free entrance to the Pro Bowl? The SM&SP can help. Volunteer for Hawaii's biggest Bowl with the SM&SP.

Pro Bowl Game — Watch the game in the comfortable and plush surroundings of the Kahuna's Recreation Center, Sunday. It's like having front-row seats. Game kicks off at 2:30 p.m. with the Pre-game Show airing at 1:45 p.m.

Call 254-7593 for more information.

Valentine's Day Menu Specials — Nothing says "I love you" like bringing your Valentine to the club. Menu specials will be available for a romantic meal day or night.

Hot Country Nights — If country is your thing, Wednesdays are your nights. DJ Stan makes his last appearance this month at Kahuna's. Bull riding will also be available. Doors open 6 p.m.

Latin Night — It's all about Latin rhythms and upbeat tempo with El Conjunto Tropical, the live band that promises to keep you dancing the night away. The music begins Feb. 18 at 10 p.m.

Staff NCO Club

254-5481

Members Offered Valentine's Day Lunch Discount — Members bringing their sweethearts to lunch on Monday will receive a 15 percent discount on their meal in honor of Valentine's Day. With the great menu selections available every day, this is the perfect day to share a romantic meal at a great price.

For details, call 254-5481.

Valentine's Day Dinner — Cupid's arrow points straight to the club for an exquisite, four-course meal for you and your sweetheart. Why wait until Monday when the romantic menu features complimentary champagne, clam chowder, tossed kula greens, tiger prawns, steak, mashed potatoes and cheese-cake.

Members pay \$19.95, non-members pay \$24.95. Dinner will be served from 6 p.m. to 9 p.m. Reservations are required.

Officers' Club

254-7650/7649

Valentine's Day Comes Early — Love is in the air and on the menu at the Officers' Club. The Special Menu for tonight, Saturday and Monday will feature an entrée choice of Crispy Duck à la Chinatown, Osso-Bucco Milanese or Fresh Catch of the Day Cordon Bleu, foor \$39.75 per couple.

Call 254-7560 for reservations.

Fourth Annual Second Chance Prom — Friends of Kailua High School Project Graduation '05 cordially invites you to attend this Valentine's Day celebration event on Saturday from 5:30 to 11 p.m. No-host cocktails will be available and a silent auction will begin at 5:30 p.m. with a buffet at 6:30 p.m. A live band and DJ will offer musical entertainment throughout the evening.

Cost is \$45 for individuals and \$75 per couple. For more information, call 227-9354.

All Hands

Auto Auction — The Auto Skills Center holds an auto auction on vehicles it acquires and fixes up to working condition. Interested parties can inspect these cars, trucks or SUVs and place their bids in the ballot box inside the Auto Skills Center.

If you're in the market for a new vehicle, don't pay those high prices. Visit the Auto Skills Center to see if it has just the deal you've been looking for.

Bidding on the vehicles below begins Monday and closes Feb. 14.

Year	Make	Model	Min. Bid
1987	Jeep	Wrangler	\$1,000
1987	Acura	Legend	\$200
1991	Jeep	Wrangler	\$1,200
1990	Chevy	Beretta	\$750

For more information about any of the above vehicles, call the Auto Skills Center at 254-7675.

Ongoing

Fix it Yourself — Want to do a little work on your prized vehicle but

don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

For more info, call 254-7674.

Entertainment Books — The 2005 Entertainment Books with great discounts on all of your favorite activities and restaurants in Hawaii is on sale now. The books cost \$30 and make great gifts.

For more details, call Information, Tickets and Tours at 254-7563.

Mega Video — Check out these weekly rental specials.

Monday — Rent one new release, get one category movie free.

Tuesday — Rent a video game at regular price, and rent a second one for \$2.50.

Wednesday — Rent three new releases, VHS or DVD, receive an extra day rental.

Thursday — Rent one DVD at the regular price; rent the second one for \$1.75. This includes new releases.

Friday — Rent family and children's movies for 75 cents. Sorry, no new releases.

Saturday — Rent any basic stock movie, no new releases, for regular price and rent the second stock movie for \$1.25.

Sunday — Rent any Sunday Special movie for \$1. Each week is a different section. See store calendar for selected section.

Swing Lessons — Kahuna's Ballroom will teach you how to dance. Every Monday, swing dance lessons will be taught from 7 to 9 p.m. The cost is only \$2, so grab a partner and get ready to twist, twirl and spin the night away.

For more information, call Kahuna's Bar & Grill at 254-7660.

Salsa Lessons — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m., and you will be set to hit the town. Lessons are \$2.

For more details, call Kahuna's Bar & Grill at 254-7660.

Mongolian Barbecue — Don't feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Dinner is buffet style. Select your favorite veggies and meat, including chicken, shrimp, pork and beef. Pile your bowl high, and kick it up a notch with a sauce of your choice, then watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. For more details, call 254-7649.

Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, inter-island packages, Norwegian Cruise Line packages, and, most recently, a five-night Sydney, Australia package.

Tradewind Travel is open Mondays through Fridays from 10 a.m. to 6 p.m. and Saturdays from 9 a.m. to 2 p.m.

For more details, call 254-7413.



ASYMCA Playmornings — Children and parents are all invited to come have fun at the Armed Services YMCA "Playmornings." Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at various locations across the base. The program runs Mondays through Fridays from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities Building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at Building 1638.

For more details, call 254-4719.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality; fitness; child and youth activities; water safety; logistics and administration. Stop by the MCCS Personnel office. Get a job or career that suits your skills, schedule and style.

For more details, call 254-7619 or visit www.mccshawaii.com/jobslistings.html.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.

Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Meet the Fockers (PG-13)	Today at 7:15 p.m.
The Life Aquatic with Steve Zissou (R)	Today at 9:45 p.m.
<i>Sneak Preview</i>	
Constatine (R)	Saturday at 7:15 p.m.
Spanglish (PG-13)	Saturday at 9:45 p.m.
Fat Albert (PG)	Sunday at 2 p.m.
Meet the Fockers (PG-13)	Sunday at 6:30 p.m.
The Life Aquatic with Steve Zissou (R)	Wednesday at 6:30 p.m.
Beyond the Sea (PG-13)	Friday at 7:15 p.m.
Fat Albert (PG)	Friday at 9:45 p.m.

Tax tips

Tax deductions can reduce debt

Tsunami relief donations can be filed for either 2004 or 2005 tax returns

IRS Staff

LIFELines.navy.mil/LIFELines.usmc.mil

After the Dec. 26 tsunami disaster in the Indian Ocean, Americans opened their hearts and their pockets. Now, thanks to a new tax law, many taxpayers can claim special tax benefits for their charitable contributions made for tsunami relief. If you gave cash by Jan. 31, to the right organization for tsunami relief you can claim the deduction on your '04 tax return, but only if you itemize their deduction. This is an exception to the normal rule that deductions can be claimed only for the year paid. Read on for frequent questions and answers on taxes and the tsunami:

Frequently Asked Questions

- 1.** Do I need a special form to file with my taxes to claim this deduction? You don't need a special form; you just need to itemize your deductions on your 2004 tax return.

2. How can I find qualifying organizations? Taxpayers who have a specific charity in mind can make sure it is a qualified organization by visiting IRS.gov. Another government site, USAID, lists additional qualified organizations, such as churches or governments.

3. If I make a contribution using my credit card, is it considered a cash contribution? Yes, a contribution made to a qualified charity by a charge to a bank credit card is deductible as a

- charitable contribution.
- 4.** Why can't I donate clothing and food? The new law covers only cash contributions for tsunami victims. Non-cash items would be subject to the normal rules, i.e. deductible in the year actually contributed.

5. Why can't people deduct contributions to spontaneous humanitarian efforts that have sprung up since the catastrophe? Specific tax laws govern tax-exempt and qualified charitable organizations. Taxpayers should make sure the organization to which they donate is a qualified charity.

6. Will all disasters be treated similarly — what about Sudan genocide, etc.? There are many humanitarian organizations to which charitable contributions are deductible under the law. Changes or exceptions to the rules for when a contribution can be deducted would require a change in the tax law.

7. I made a deductible contribution in January 2005, but I have already filed my 2004 tax return. Do I need to file an amended return? You can choose to claim your January 2005 deduction in 2004, by filing an amended return, or simply claim the deduction next year on your 2005 return.

Where can I get more information?

IRS Publication 526, Charitable Contributions, provides information on making contributions to charities. Publication 3833, Disaster Relief: Providing Assistance through Charitable Organizations, explains how you can use qualified charitable organizations to help victims of disasters, and how organizations can qualify for tax-exempt status. See both publications on IRS.gov.

Used correctly, home equity loans can benefit

LIFELines Research Staff

LIFELines.navy.mil/LIFELines.usmc.mil

Steps

Determine if your itemized deductions are greater than your standard deduction. Mortgage interest, home equity loan interest, state taxes, property taxes, and charitable contributions are the main itemizable deductions. The standard deduction is \$7,200 if married filing jointly, \$6,350 if head of household, \$4,300 if single and \$3,600 if married filing separately. If your standard deduction is greater, use it.

Obtain a Schedule A form if you'll itemize deductions

Write in the third section of Schedule A the name of the company to which you paid home equity interest and the amount of interest you paid during the tax year. Write in the third section of Schedule A the name of the company to which you paid points or an origination fee to obtain the home equity loan. Only points you paid on money used for home improvement of your main home can be deducted in full for the tax year you paid it. You can deduct other points, but you must amortize. Complete the rest of Schedule A

Tips

- 1.** You can deduct home equity loan

interest on your first or second homes only — not on any other home, even if you use the money for matters unrelated to the home.

2. Amortizing points, which means spreading the deduction out over the life of the loan, requires good record keeping. When you pay off the loan or sell the home, you can deduct all the points you haven't taken off before.

Warnings

The yearly limit on the deduction for home equity loan interest is the interest on loans totaling \$100,000 (\$50,000 if married filing separately). If you used all or part of the loan for your business, it might be better to elect to treat the debt as unsecured by your residence. In that way, you can write off the interest as a business expense. But once you make the election, you can't reverse it without Internal Revenue Service approval. You cannot deduct interest on any amount of the home equity loan that is more than the difference between the market value of the home and your mortgage debt. These rules apply to home equity loans taken out after Oct. 13, 1987. Consult with an experienced tax preparer if your home equity loan preceded that date, you have questions or your situation is out of the ordinary. A home equity loan may provide a tax benefit, yet may not be worth the risk of losing your home should you need to default on the loan. Remember that a home equity loan is secured by your home.

Paying down debt can ease financial stress at home

Proper management of money can help couples keep the peace at home

Jennifer L. Hochlan

LIFELines.navy.mil/LIFELines.usmc.mil

One of the leading causes of marital problems is money. You and your spouse don't agree on how best to spend your money, or you can't figure out where all the money goes. You can't remember who last balanced the checkbook, whether someone paid the rent, or the last time you didn't have to choose between gas in the car or food in the fridge.

All these stressors cause many couples to argue about money, or the lack of it. A wide variety of medical illnesses are increasingly being linked to not learning how to manage your finances. Financial stress is becoming one of the most common forms of stress in America. Getting a better handle on money would relieve some of the stress in your life. Making the average military paycheck stretch the full month is not easy, but it isn't impossible.

Facing Reality and Other Good Advice

In the era of multiple credit cards, mounds of debt, and foolish spending, people find it difficult to know where and when to draw the line. If your spouse is an E-3 and you are not employed, buying a brand new \$25,000 vehicle is probably not in your best financial interest. It is amazing, but too many people who don't make enough money to make the payments receive financing anyway. Do not rely on a salesperson to make your financial decisions for you. Just because you can get approval for the loan — which will cost you much more than \$25,000 in

the long run — doesn't mean you can afford to pay it. Know what you can afford and stick to it. You do not need to go through financial problems alone. The Navy-Marine Corps Relief Society can help with certain emergencies. Call your base Society for more information or read more on their Web site. Your base Personal Financial Management Office can help you and your spouse set up a realistic budget before money becomes a serious issue. Compromise, sacrifice, and communication with your partner are the keys to stress-free finances. If you understand the basics of money management and want to

learn how to make a budget on your own, your local Navy-Marine Corps Relief Society office can help you with creating your personal budget. If you make a bad financial decision (we all do), don't beat yourself up. Call the company you dealt with, if possible, and make payment arrangements. Do not ignore the problem. It will not go away. If you suspect you've been the victim of fraud, visit the Consumer Action Web site for more information and guidance. All problems can be solved (and not all require the use of straight jackets). Discuss financial problems with your spouse and come to solutions as a team.

DEFY seeks volunteers

Press Release
Drug Education for Youth

What is DEFY? DEFY is Drug Education for Youth — a pre-emptive prevention program that delivers strong kids, for strong families, ready for the future!

The DEFY Office is looking for men and women volunteers from our military, whether active duty or retired and Department of Defense employees, for the upcoming year as Mentors for our youth.

Besides assisting our youth with positive role modeling; leadership skills; and alcohol, drug, violence and gang-prevention lessons we enjoy many exciting activities with our kids such as going to Sea Life Park,

the Bishop Museum, and for a sail on Dream Cruises’ “Pacific Splash Barefoot Fun Cruise,” and more! All at no cost to you. The only cost is your dedication and time. DEFY needs a minimum of seven mentors signed up by May 20. Staff training is set for June 14–16. Phase I Summer Leadership Camp will be from July 19–28, and Phase II Mentoring Program begins in August and runs through May 2006.

All adult volunteer mentors need to request PTAD for the dates listed. If you are interested and want to learn more, call Daryl Picadura, program coordinator, at the Provost Marshals Office at 257-8559 or 257-1148 or e-mail daryl.picadura@usmc.mil.



Cpl. Jessica M. Mills

Sgt. Marco Franko (left), DEFY camp director and physical security inspector for PMO, passes DEFY camper Caleb Astorga through the ropes of the Four-Sided Spider Web to Micheal Reed.

SMART educates service members

Kelli Kirwan
LIFELines.navy.mil/LIFELines.usmc.mil

Did you know you could get college credit for your military experience and training? You can if you use the Navy College Program’s Sailor/Marine American Council on Education Registry Transcript, SMART, you can translate your military experience and schools into an academic record that will be acceptable to colleges and universities.

For decades the Navy and Marine Corps have recognized the benefits of a more educated fleet and corps. As a result, the Department of the Navy has been improving educational opportunities for Sailors and Marines. In today’s military, more service members than ever before are pursuing college degrees and technical certifications.

One of the Department improvements is the Sailor/Marine American

Council on Education Registry Transcript, SMART, which is now available online through the Navy College Program.

SMART translates military experience and schools into an academic record acceptable to colleges and universities for college credit. They also take the guesswork out of which degree plan a Sailor or Marine is closest to obtaining.

When service members begin to think of careers outside of the military, SMART can be used to develop an academic plan that will support a potential career field. And, if a complete career change is desired, SMART will give service members some idea of how much additional schooling will be necessary.

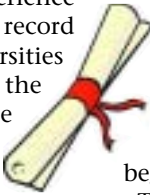
SMART can help Sailors and Marines verify their military experience, prepare resumes, and will eventually replace the DD295, the Application for Evaluation

of Learning Experiences during Military Service. Using SMART will also make military members more marketable in the civilian world, particularly with companies that prefer hiring Sailors and Marines because of their service experience.

A look at SMART may be just the encouragement needed by a service member to take the next step and begin working on a college degree.

To find out about education opportunities visit the nearest Navy College Office or the NCP web site at <http://www.navycollege.navy.mil>. You can also e-mail the NCC at ncc@cnet.navy.mil. or call the toll free number, (877) 253-7122, or (DSN) 922-1828.

For more news about Navy education and training, go to CNET NewsStand page at <http://www.news.navy.mil/local/cnet/>.



The longest yard



Brig. Gen. George J. Trautman III, commanding general, MCB Hawaii, stands with his wife as well as the winners of this quarter’s Yard of the Quarter contest. Each of the winners received an award along with a commanders coin to thank them for setting such a high standard of excellence.

Cpl. Megan L. Stiner

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ON THE MENU

AT ANDERSON HALL

Friday

Lunch

Oven Roast Beef

Baked Tuna and Noodles

Steamed Rice

French Fried Cauliflower

Vegetable Combo

Chocolate Chip Cookies

Fruit Pies

Dinner

Sauerbraten

Knockwurst w/Sauerkraut

Cottage Fried Potatoes

Boiled Egg Noodles

Green Beans w/Mushrooms

Chocolate Chip Cookies

Fruit Pies

Specialty Bar

(Lunch and Dinner)

Pasta Bar

Saturday

Brunch/Dinner

Grilled Steak

Pork Chop Mexicana

Mashed Potatoes

Spanish Rice

Mexican Corn

Fruit Nut Bars

Fruit Pies

Sunday

Brunch/Dinner

Beef Pot Pie

Baked Ham

Baked Macaroni and Cheese

Cauliflower Au Gratin

Bread Pudding w/ Lemon Sauce

Peanut Butter Cookies

Monday

Brunch/Dinner

Teriyaki Chicken

Salisbury Steak

Steamed Rice

Mashed Potatoes

Simmered Lima Beans

Apple Crisp

Fruit Pies

Tuesday

Lunch

Barbecue Spareribs

Veal Parmesan

Oven Browned Potatoes

Buttered Egg Noodles

Simmered Asparagus

Devil's Food Cake w/Mocha

Butter Cream Frosting

Fruit Pies

Dinner

Swiss Steak w/Brown Gravy

Baked Fish Fillets

Lyonnaise Potatoes

Steamed Rice

Southern Style Green Beans

Devil's Food Cake w/Mocha

Butter Cream Frosting

Fruit Pies

Specialty Bar

(Lunch and Dinner)

Taco Bar

Wednesday

Lunch

Baked Ham

Chili Macaroni

Candied Sweet Potatoes

Grilled Cheese Sandwich

French Fried Okra

Bread Pudding w/ Lemon Sauce

Peanut Butter Cookies

Fruit Pies

Dinner

Baked Stuffed Pork Chops

Turkey Pot Pie

Mashed Potatoes

Steamed Rice

Calico Corn

Bread Pudding w/ Lemon Sauce

Peanut Butter Cookies

Fruit Pies

Specialty Bar

(Lunch and Dinner)

Hot Dog Bar

Thursday

Lunch

Cantonese Spareribs

Baked Tuna and Noodles

Shrimp Fried Rice

Corn on the Cob

Pineapple Upside-Down

Cake

Fruit Pies

Dinner

Swedish Meatballs

Caribbean Chicken

Steamed Rice

O'Brien Potatoes

Simmered Brussels Sprouts

Pineapple Upside-Down

Cake

Fruit Pies

Specialty Bar

(Lunch and Dinner)

Taco Bar



Deployment doesn't have to put a strain new marriages

Gene-Thomas Gomulka

Chaplain Corps, U.S. Navy Retired

Dear Gene-Thomas,

We have only been married two months, and my husband will soon be deploying to Iraq. I don't want the deployment to weaken our love for one another. Any recommenda-tions?

Melissa

Dear Melissa,

While deployments can weaken some rela-tionships, they can also help other couples appreciate each other all the more. Dating and married partners should employ personal, effective and economical ways of communi-cating with one another during long periods of separation. Options vary from location to location (e.g., e-mail, calling cards, video tele-conferencing or authorized overseas DSN access to CONUS commands within local call-ing distance to relatives).

The most common and economical way of communicating today is via e-mail. As I men-tion in my book, studies have shown that e-mail "boosts morale, increases confidence and self-assuredness throughout the separation, provides greater emotional connectedness between military personnel and their loved ones and eases reunion and reintegration that historically is the most challenging phase of deployments." While e-mail is faster and more economical than the postal service, some couples feel that hand-written letters or cards on anniversaries and special occasions are

more meaningful and appreciated than elec-tronic communications.

Operational security (OPSEC) may at times preclude sending or receiving postal or elec-tronic mail. Hence, the lack of communica-tion should not be construed as a lack of love. A number of valid reasons may exist why your partner may be out of touch for a period of time. If there is a serious problem, you can ordinarily expect to receive an American Red Cross message or to be contacted by a com-mand representative. Prior to deployments, family members should be well informed of how to contact their military loved ones in cases of emergency.

The frequency of communications during deployments will vary according to circum-stances and events both at home and with the deployed command. Family responsibilities, particularly if there are small children at home, can affect the ability of a person to communicate as much as he or she might like. Some partners have more free time to commu-nicate than others. Hence, one should not judge a partner's commitment by the number of letters or e-mails that others might receive.

Finally, partners should not write while they are angry. While communications during extended periods of separation can enhance relationships, they also have the potential to weaken relationships. So, if you or your part-ner ever become upset, calm down and give more thought to a particular matter before pushing the "send" button or mailing the let-ter.

Gene-Thomas

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www.wish.org (800) 722-WISH

Make-A-Wish Foundation® is a CFC participant.

Provided as a public service.

Word to Pass

Chapel Offers Free Problem Solving Workshop

The Christian Prevention and Relationship Enhancement Program will hold a free workshop Feb. 12 from 9 a.m. to 4 p.m. The program is a communication and problem solving skills workshop for married and engaged couples. It will be held at the Base Chapel, Building 1090.

To sign up or for more information, contact Chaplain Nazario at 257-3552 ext. 23. Materials and lunch are provided free of cost.

Hale Koa Invites Military to Valentine's Day Luau

Romance of the islands waits as the Hale Koa invites you to "Experience Our Paradise" this Valentine's. Join their special Valentine's Day Luau on Feb. 14, or experience "The Art of Fine Dining" in their signature restaurant, The Hale Koa Room, and enjoy a superb Valentine's special tonight, Saturday and Monday.

To make reservations, call the Activities Desk at 955-0555 ext. 546.

American Society of Naval Engineers Offers Scholarship

Applications for ASNE's annual scholarship program are now being accepted from college students who are interested in entering the field of naval engineering.

Currently, one-year scholarship awards are \$2,500 for undergraduate students and \$3,500 for graduate students. It is further anticipated that the number and size of scholarships will grow in direct proportion to the support the program receives from our members and friends. The award may be used for payment of tuition, fees and expenses for students who meet the following requirements:

To find out if you qualify and for more information, visit www.navalengineers.org/Programs/Scholarships/sc_news.htm. The deadline for submission for the scholarship program is Feb. 15.

KOSC to Auction Art

There will be an art auction Feb. 19 from 6 to 10 p.m. at The Officers' Club here. Artwork to be auctioned off will be provided by Pictures Plus. Advance tickets are \$12 and \$15 for tickets at the door. Cash bar and pupus are available at 6 p.m. and the auction begins at 7:30 p.m.

For more information, see your unit representative or call Beth at 254-9779 or Kathy at 254-7057.

National Prayer Breakfast Scheduled

The National Prayer Breakfast will be held on Feb. 24 at the Anderson Dining Facility, Building 1089. MCB Hawaii Deputy Commander, Col. Richard Roten, will be the guest speaker. The program will begin at 6:30 a.m.

Waikiki Aquarium Introduces Animal-of-the-Month

Taking its place front and center as Waikiki Aquarium's February Animal-of-the-Month is the long-spined sea urchin, or wana. Throughout the month of February, Aquarium visitors will enjoy programs surrounding this spiny creature, including exhibit displays, docent talks, fun facts and kids' tattoos.

Hawaii has three species of sea urchins that are all venomous. The *Diadema paucispinum* is rare and inhabits deep, protected reef areas. The *Echinothrix diadema* and the *Echinothrix calmaris* are more common and are found in reef flats and occasionally in tide pools.

The wana is the last of 12 marine creatures that are being featured throughout the Aquarium's centennial year as part of its Aquarium Animal-of-the-Month program. A new list of animals will be showcased monthly, beginning in March. The Aquarium Animal-of-the-Month highlights include docent talks at 10 a.m. every Saturday as well as free Animal-of-the-Month tattoos

the first 2,000 children to visit the Aquarium each month.

The Waikiki Aquarium is open daily from 9 a.m. to 4:40 p.m. Admission is \$9 for visitors; \$6 for local residents, active-duty military with ID, students with ID and seniors; \$4 for youths ages 13 to 17; \$2 for juniors ages 5 to 12 and persons with disabilities; and free to children ages 4 and under.

For more information, call 923-9741 or visit the Waikiki Aquarium online at www.waiaquarium.org.

Marine Mustangs to Muster in San Antonio

They call it a "Mustang Muster" when members of the Marine Corps Mustang Association get together for their annual meetings and reunion. Almost 20 years old and 1,500 members strong, the Mustangs plan to hold this year's Muster in San Antonio from Sept. 25 to Sept. 28 at the La Mansion Del Rio Hotel, a world-class hotel directly on the River Walk just two blocks from the Alamo.

To qualify for "Mustang" designation, a Marine, man or woman, must have begun his or her service in the Marine Corps or Marine Corps Reserve as an enlisted Marine and subsequently earned promotion to Warrant or Commissioned Officer grade. Although many members are retired Marines, membership is open to all Marine Mustangs, including those on active duty, in the reserves and veterans.

Membership information and application forms are available from National Headquarters, Marine Corps Mustang Association, Inc., 6025 Stage Road, Suite 42-242, Memphis, TN 38134-8377, or by calling Lt. Col. David Brunstad, USMC (Ret), toll-free



Lord of the Dance

at (866) YES-MCMA or e-mail MustangBusMgr@aol.com.

Fort DeRussy Hosts Biathlon and Keiki Run-Swim-Run

Reminder! The entry deadline for the Biathlon and Keiki Run-Swim-Run is Feb. 26 (late entries add \$7). There is no guarantee of a T-shirt for late entries. Pick up a packet on March 5 from 10 a.m. to 2 p.m., and March 9 from 4 p.m. to 8.m. at the Hale Koa Hotel POiNT Health Club, or apply online at www.active.com.

For more information, call 955-9151.

REHAB to Expand Cooking Classes

The Rehabilitation Hospital of the Pacific kicked off 2005 with two healthy cooking classes that were such a success that the program has been expanded through June.

Open to the public, the classes are held on Tuesdays and Wednesdays in

the Frear Cafeteria at REHAB, 26 N. Kuakini Street. The cost is \$30 per session, each of which lasts from 5:30 to 7 p.m. Reservations are required for the classes. Call 566-3780.

"Leaner Cuisine," low-fat cholesterol cooking classes, are slated for Feb. 22, March 22, April 26, May 24 and June 21. These are presented by Nancy Chang, RD. "Low Sodium Cooking with Flair" classes are Feb. 16, March 16, April 20, May 18 and June 22. This class is taught by Moana Bachiller, RD.

According to Leong, who is coordinating the program, "REHAB Hospital of the Pacific's cooking classes review dietary restrictions, give shopping tips, evaluate recipes and prepare dishes that can be cooked at home. There also will be time to taste the dishes demonstrated." In addition, attendees are invited to bring their favorite recipes and questions for the registered dietitians to review.

Hale Koa Celebrates St. Patrick's Day

Hop into Spring with the luck of a four-leaf clover! Hale Koa rolls out the green carpet as they celebrate St. Patrick's Day in the true Irish spirit at their restaurants, bars and lounge.

For more information, call the Hale Koa Activities Desk at 955-0555 ext. 546.

Hale Koa Honors Keiki with Magic in Paradise Show

April is Month of the Military Child. Help the Hale Koa honor the children of our warriors who, in the past year, have had to be strong and courageous yet still try to enjoy being a child. Hale Koa will be honoring them with a special Magic in Paradise Show, April 12.

Tickets go on sale March 14. Call 955-0555 ext. 546 for your tickets, today.

"Lord of the Dance" Comes to Blaisdell Concert Hall

Michael Flatley's "Lord of the Dance," the theatrical extravaganza that has helped catapult Irish dancing into the global spotlight, is coming to the Neal Blaisdell Concert Hall April 29 to May 8 for 10 performances, only.

Jam Theatricals is offering special discounts for groups of 20 or more to enjoy the show and is especially targeting schools, dance companies and those of Irish heritage, offering tickets at 10 percent off. The regular price per performance is as follows: Friday, Saturday and Sunday nights are \$44.25 and \$53.25; Wednesday and Thursday evenings, and Saturday and Sunday matinees are \$39.75 and \$48.75.

For more information or for group discounts, call 732-7733.

MCB Hawaii Chapel

Lent* and Holy Week** Schedule

Every Friday — Stations of the Cross

11 February — 18 March

5:30 p.m. Stations of the Cross
6 p.m. Meager Meal
7 p.m. Stations of the Cross

March 19 and 20 — Palm Sunday

5 p.m. (Saturday) Roman Catholic Holy Mass
8 a.m. (Sunday) Protestant Liturgical Service
9:30 a.m. (Sunday) Roman Catholic Holy Mass
11 a.m. (Sunday) Protestant Contemporary Service
7:30 p.m. (Sunday) Ecumenical Living Last Supper Drama

March 24 — Holy Thursday

6 p.m. Roman Catholic Holy Mass
7:30 p.m. Protestant Maundy Thursday Service

March 25 — Good Friday

11:45 Roman Catholic Stations of the Cross
6 p.m. Roman Catholic Solemn Good Friday Service
7:30 p.m. Protestant Good Friday Service

March 26 — Holy Saturday

8 p.m. Roman Catholic Vigil Mass

March 27 — Easter Sunday

6 a.m. Protestant Easter Sunrise Service at Rifle Range
8 a.m. Protestant Liturgical Service
9:30 a.m. Roman Catholic Easter Mass
11 a.m. Protestant Contemporary Service

For more information, call the Base Chapel at 257-3552.

*Lent is a 40-day spiritual preparation for the celebration of the resurrection.

**Holy Week is the celebration of the last events in the life of Jesus Christ leading to the resurrection.



Liberty Bus Schedule

For more information, call Motor “T” at 257-2607.

Fridays

1st run to Waikiki

6:15 p.m., Arrive MCX Annex
6:20 p.m., Depart MCX Annex
6:25 p.m., Arrive E-Club
6:35 p.m., Depart E-Club
7:15 – 7:35 p.m., Arrive Fort DeRussy

2nd run to Waikiki

9:05 p.m., Depart MCX Annex
9:10 p.m., Arrive E-Club
9:25 p.m., Depart E-Club
10:05 – 10:25 p.m., Arrive Fort DeRussy

Final run to Waikiki

1:05 a.m., Depart E-Club
1:15 a.m., Arrive MCX Annex
1:25 a.m., Depart MCX Annex
2 – 2:25 a.m., Arrive Fort DeRussy

Saturdays

1st run from Waikiki

7:50 p.m., Depart Fort DeRussy
8:30 – 8:50 p.m., Arrive MCX Annex

2nd run from Waikiki

12 a.m., Depart Fort DeRussy
12:40 – 1 a.m., Arrive E-Club

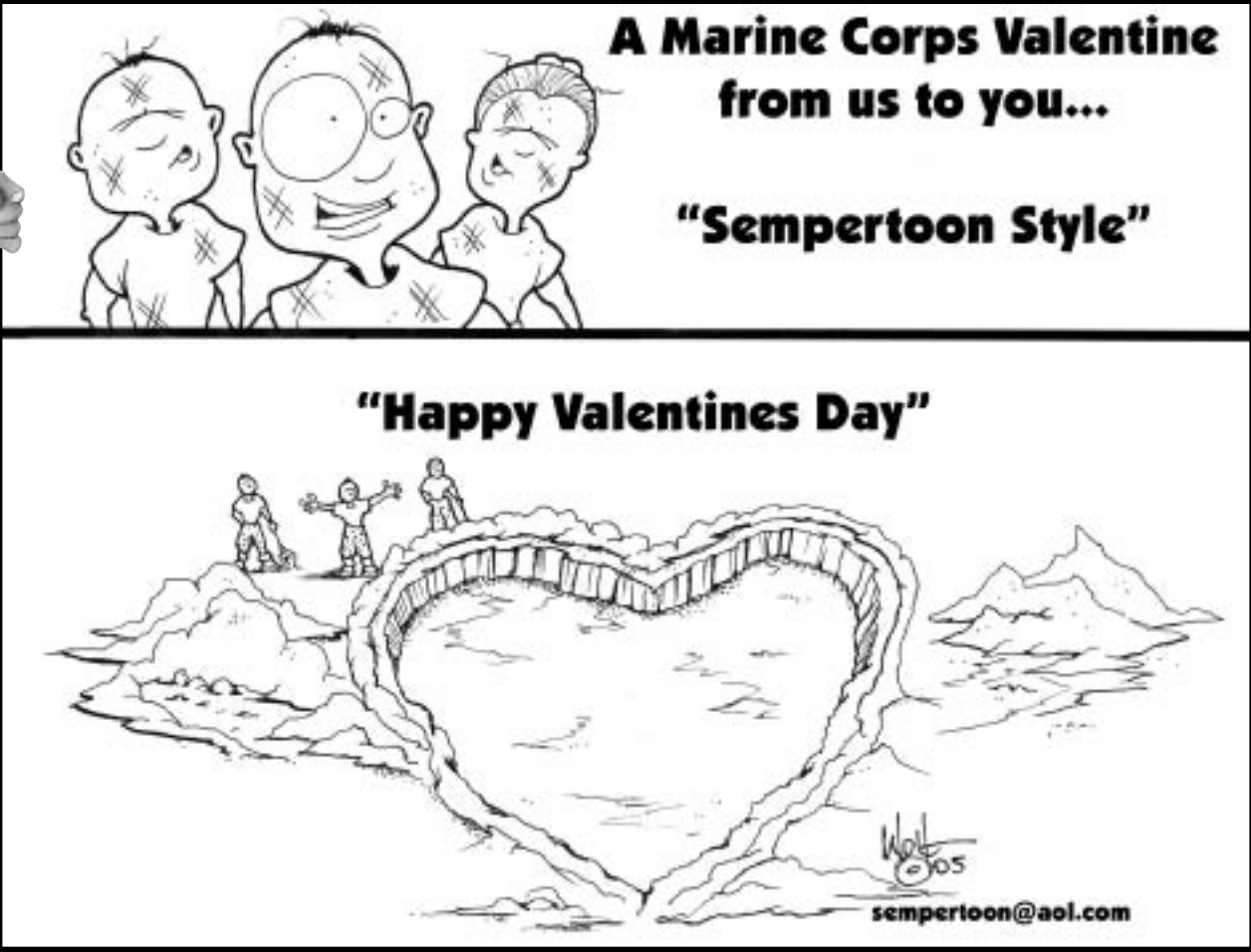
Final run from Waikiki

3 a.m., Depart Fort DeRussy
3:25 – 3:35 a.m., Arrive E-Club
3:40 a.m., Depart E-Club
3:45 a.m., Arrive MCX Annex



Sempertoons

By Staff Sgt. Charles Wolf



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Furniture
Bassett Loveseat, like new, palm green, \$300; dual reclining loveseat, \$300; three living room tables, \$150; computer desk, \$40. Call 779-3937 or 689-5150.

Real Estate
Townhouse For Sale, three bedroom, two-and-a-half bath, 1,316 square feet, fee simple. Located in Kaneohe at Clubview Gardens II. Asking \$450,000. Call Shaun at 239-2958 or 224-5866.

Miscellaneous
Zodiac Yachtline 310, 10-foot 2-inch long with collapsible wooden floor, 10HP max, inflatable, white. Retails for \$2,400. First \$600 takes it. Call Earl at 254-7667 or visit the Base Marina Wednesdays through Sundays.

Leather Massage Chair, \$25; Papasan chair, \$10; 13-inch color TV, \$20; P4 Motherboard MSI, \$65. Make an offer for any of the following: D-link router, Koss DVD home theater, china set, Makita cordless drill, play pen, and new Ashley lamps. Call 254-0259.